

SUMMER 2016

# NATICK COMMON GUIDE

Recreation & Parks • Council On Aging • Human Services  
Natick Community Organic Farm • Veterans' Services

*Community Education  
and Resources*

Summer in Natick

pg 2

Weekend and Evening Classes

pg 11

**Town of Natick**  
Community Services Department



# Summer in Natick

ALL SUMMER LONG

**Concerts on the Common** Natick Town Common  
Mondays, 7:00 PM July 6, 13, 20, 27 August 3, 10

**Family Performances** Natick Town Common  
Wednesdays, 6:30 PM July 6-August 10th

**Natick Nights!** Downtown Natick Center  
Thursdays 5:00-8:00 PM May 9th – end of summer  
Street performances, beer and wine tastings, music, gallery openings, family activities and more...

**Family Picnic Supper Theater** Morse Institute Library  
Thursdays, 6:00 PM July and August

**Natick Farmers Market** Natick Town Common  
Every Saturday, 9:00 AM–1:00 PM



## JUNE

**Watercolor in Nature**  
Tuesday, June 7th 10:00-1:00 PM  
Broadmoor Wildlife Sanctuary  
Visit: [massaudubon.org](http://massaudubon.org)

**JJ Lane Park Walk and Brunch**  
Wednesday, June 8th 10:00 AM  
Call: 508.647.6540 to register

**Two of a Kind family concert**  
Thursday, June 9th 10:00 AM  
Bacon free Library  
Visit: [baconfreelibrary.org](http://baconfreelibrary.org)

**Natick Garden Tour**  
Sunday, June 12th 2:00-6:00 PM  
Visit: [baconfreelibrary.org](http://baconfreelibrary.org)

**Father's Day Concert**  
Sunday, June 19th 6:00-8:00 PM  
Bacon Free Library  
Visit: [baconfreelibrary.org](http://baconfreelibrary.org)

**Mini Triathlon at Memorial Beach**  
Sunday, June 26th 9:30 AM start  
Visit: [natickna.org/recreation](http://natickna.org/recreation)

**Game Time! with Award Winning Storyteller Diane Edgecomb**  
Tuesday, June 28th, 2:00 PM  
Bacon Free Library  
Visit: [baconfreelibrary.org](http://baconfreelibrary.org)

**Summer Reading Kickoff: On Your Mark, Get Set, Move, Laugh and Play**  
Thursday, June 30th, 2:00-4:00 PM  
Morse Institute Library  
Visit: [Morseinstitute.org](http://Morseinstitute.org)

## JULY

**Classic Cars at Natick Community Senior Center**  
Saturday, July 16th 9:00 AM-Noon free (Rain date Sat., July 23rd)  
Model A Fords to muscle cars and more! Refreshments and coffee available for purchase; proceeds to benefit the Friends of the Natick Senior Center. DJ will spin your favorite tunes. Fun for the whole family! Call 508-647-6540 for more information.

**Artwalk - Natick's biggest summer arts festival**  
Saturday, July 16th 5:00–8:00 PM  
Visit: [natickcenter.org](http://natickcenter.org)

**Natick Restaurant Week**  
July 12-18 Visit: [natickcenter.org](http://natickcenter.org)

## AUGUST

**Outdoor Movie Night at the CSC**  
Friday, Aug 19th 8:00 PM free Community-Senior Center  
Join us for a movie under the stars! Bring your lawn chair, comfy blankets, snacks, beverages and bug spray. No pre-registration required.

**Authors Tess Gerritsen and Hank Phillippi Ryan in Conversation**  
Wednesday, August 24th, 7:00-8:00 PM Bacon Free Library  
Visit: [baconfreelibrary.org](http://baconfreelibrary.org)

ONE TIME ONLY

## Friends and Neighbors,

*We're delighted once again to provide you with this newest edition of the Natick Common Guide. In the pages that follow you'll find a comprehensive listing of all of the enrichment, experiential, continued learning and recreational programming offered by the Community Services Department this summer. In addition we offer the following:*

### Summer in Natick

*A concise listing of many of the one-time and ongoing summertime happenings in our community. We'll hope to continue to build on this resource in the hope that it will provide you a one-stop-shop for things to do in Natick by season.*

### Park Stewardship

*The Department's Recreation and Parks Division is launching a new initiative to engage citizens in the care of our parks. With some 30 parks, all of which need on-going attention, we're hoping to partner with neighborhood or civic groups to serve as stewards. Similar to the Adopt A Highway program, the initiative will help to ensure our public spaces are picked up. Please check out the inside back cover for more information.*

### Citizens Leadership Academy

*The 10 week program introducing citizens to the workings of their government continues to exceed expectations, according to participants. We are accepting applicants for the Fall 2016 Session and hope that you'll consider becoming a citizen leader and alum of this most valued initiative. For more information or an application please visit:*

<http://www.natickma.gov/1001/Natick-Citizen-Leadership-Academy>

*Wishing you all a wonderful summer season,*



Jemma Lambert, Director  
Community Services Department

#### TABLE OF CONTENTS

general information	1
golf	2
beach	3
community events	4
pre-k recreation	5
youth programs	6-7
organic farm programs	8
adventure weeks / camps	9
skyline adaptive programs	10
weekend / evening classes	11
happenings at the center	12-14
fitness programs	14
volunteering and transportation	15
summer trips guide	16
citizens leadership academy	17



# sassamon trace

## SASSAMON TRACE GOLF COURSE

The Natick Recreation and Parks Department is proud to provide Natick with a quality 9-hole, par 32 golf course conveniently located at 233 South Main Street. Sassamon Trace offers a wide variety of services and merchandise to serve your golfing needs.

### 2016 Season Passes (Resident Fees)

Adult 7 Day Pass	\$825
Senior 7 Day Pass	\$650
Junior 7 Day Pass	\$450
Summer 7 Day Student Pass	\$325
Limited Weekday Pass	\$575

Seniors are 60 & over, Juniors are 17 & under  
Summer Pass for full time students 21 & under  
Reduced fees for spouses and additional juniors  
Go to [Sassamontrace.com](http://Sassamontrace.com) for detailed info

### 9-Hole Daily Golf Fees

	Mon-Fri	Sat-Sun
Adults	\$22	\$24
Seniors	\$17	\$24
Juniors	\$17	\$24
Twilight	\$15	\$15
Twilight Juniors	\$9	\$9

Twilight begins 1 ½ hours before sunset  
Reduced fees are available for replays

### 9-Hole Riding Cart Fees

Adult cart (per person)	\$9
Senior cart (per person) (weekdays)	\$7
Pull carts	\$4
Rental clubs Adult/Junior	\$12/\$6

Sorry, no riding carts for twilight golf

### ANNUAL GHIN HANDICAP SERVICE

Adult	\$50
Sassamon Pass Holder	\$35
Junior	\$25
Sassamon Junior Pass Holder	N/C

[www.Sassamontrace.com](http://www.Sassamontrace.com)



## GOLF INSTRUCTION AT SASSAMON TRACE

PGA Golf Professional Kurt McDowell and staff will be offering adult and youth golf instruction during the spring and summer. Kurt has been teaching for 14 years and has vast experience with different age and skill level golfers.

### Adult Group Instruction

Classes are held Monday-Thursday evenings beginning the week of May 2nd. There will be 5 hours of instruction spread over 4 meetings. Classes focus on new and beginning golfers. Golf equipment will be provided if needed.

Fee: \$120 per 4 week session.

### Junior Group Instruction

Classes begin the week of June 27th. There will be 5 hours of instruction spread over 4 meetings. Emphasis will be placed on sound fundamentals and swing techniques.

**Fee: \$120 per 4 day session - for juniors 10 and older**  
**For ages 6-9 a 30 minute class will be held on the same days from 11:15-11:45. Fee: \$50 per 4 day session**

Class size is limited to 4 students for greater personal attention. **Registration began March 1** and payment is required at registration.

### Adult and Junior Golf Leagues

Sassamon Trace offers the following recreational golf leagues. The second session of leagues begins the last week of June.

Tuesday Evening Men's League  
Wednesday Evening Men's League  
Wednesday Morning Women's League  
Thursday Evening Women's League

**Fee: \$176 per 8 week session (\$50 for Pass Holders)**

Our popular 8 week Junior Tour will be held Tuesday mornings beginning June 28th. Juniors should have a basic understanding of the rules of golf to play in this league.

**Fee: \$130 (\$30 for Pass Holders)**

**Registration for all leagues began March 1.**

### TOURNAMENTS AND SPECIAL EVENTS

Sassamon Trace offers a variety of public tournaments, programs, clinics and special events. Please visit our website for a calendar of events and registration information or call the golf shop at 508.655.1330.



# memorial beach

## GENERAL BEACH INFORMATION

Dates		Times
June 11, 12	Weekend	11:00am-7:00pm
June 13-23	Weekdays	3:00-7:00pm
June 24-Aug 14	Weekdays	10:30am-7:30pm
	Weekends	11:00am-7:00pm

NRPD has new registration software. Due to this change we have a new process for purchasing season beach passes. It will resemble our year-round registration process. If you don't already have a family account, please go on-line and create your account at <https://register.communitypass.net>

By setting up your individual or family account ahead of time, it will make the purchasing process, either in our office or at the Beach, easier and quicker.

**PASSES REQUIRED FOR EVERYONE ENTERING BEACH • Ages 2-Adult**  
Proof of residence (i.e. license, utility bill or a canceled check), must be presented at time of pass purchase.

## BEACH PASS INFORMATION

Passes must be purchased in person, not by mail.

Passes will be available beginning May 2 at the NR&PD Office, 179 Boden Lane.

From June 11 on, Individual/Family passes can be purchased at the beach or in the office.

Lost Passes must be repurchased.

## SUMMER 2016 FEES

Adults 18 yrs & up	\$33/Resident • \$66/Non-Resident
Children 2-17	\$23/Resident • \$46/Non-Resident
Seniors 60 yrs +	\$16

Any child who will be 2 years of age before July 1, 2016 must buy a pass. To receive free admission for a child under 2 yrs of age, a parent must show child's birth certificate when purchasing their own pass.

No child(ren) under the age of 10 will be allowed to enter the beach without responsible parental supervision (minimum age 14 years old)

## DAILY RESIDENT GUEST FEES

Child	\$3
Adults	\$5
Senior	\$1

## DAILY RESIDENT GUEST FEES

Child	\$6
Adults	\$10
Senior	\$1

## FAMILY PASS PLAN PRICES

Proof of Natick residency and birth certificates and/or legal adoption certificates will be required

**Family pass plan prices are for members of immediate family.**

1 Adult & 4 or more children	\$100
2 Adults & 3 or more children	\$110

## SWIM LESSONS (Ages 3 & up)

American Red Cross approved classes range from Level 1-6. Noncertified preschool classes are also available. Class times start at 10:10 am and are offered throughout the day and are held Mon-Fri, weather permitting. Classes are 20 minutes for preschool and 30 minutes for all others. Classes are subject to change depending on registration and teacher availability. Based on final day of school, lesson sessions will be as follows:

Session 1:	Jun 27-Jul 15 (3 weeks)	\$47
Session 2:	Jul 18-29 (2 weeks)	\$35
Session 3:	Aug 1-12 (2 weeks)	\$35

Schedule is subject to change

Beach pass is not included in above price.

Registration for lessons will take place at the Beach the Saturday before the start of each session on a first come, first serve basis.

Actual class schedule should be available after June 13.



## SWIM TEAM (Ages 6-18)

Beach Passes are required for everyone entering Beach

When: Tue, Jun 21-Aug 13

(Practices are Mon-Fri, no Fri practices after Jul 4)

Please note: Each member may have to purchase a team swimsuit for this year.

## PRACTICE TIMES:

3:30-4:00pm	ages 8 & under
4:00-4:45pm	ages 9 & 10
4:45-5:45pm	ages 11 & up

Schedule is subject to change

Swim team fee with your own beach pass	\$92
Swim team fee with beach pass included in fee	\$102
Registration must be done at Cole Center.	

## MINI TRIATHLON (Ages 5 to Adult) (OL)

**Location: Memorial Beach, West Street**

A fun individual or family event that kicks off the July 4th festivities here in Natick. You can participate as an individual or get a couple of friends or family members and do the mini triathlon as a team. We offer a shorter swim for those of you who may not be able to swim a half mile. The approximate distances are; ½ or ¼ mile swim, a 2 mile bike and a 1 mile run, the event starts and finishes at the beach.

01	Sun	Jun 26	9:30am start	\$30/indiv \$45/team
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Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## performing arts on the common

*This series is FREE to the public and we rely solely on sponsorships and donations from the Community. If you are interested in sponsoring an event, please call The NR&PD Office at (508) 647-6530.*

### CONCERTS ON THE COMMON

#### MONDAY EVENING CONCERTS • 7pm

June 27 – Classic Groove  
 July 11 – TBA  
 July 18 - HELP!  
 July 25 – Sometimes Banned  
 August 1 – Roy Scott Big Band  
 August 8 – Other Side  
 August 15 – 3 of a Kind

### FAMILY PERFORMING ART SERIES

#### Wednesday Evenings at 6:30pm

July 6 – Vanessa Trien  
 July 13 – Bob Bloom  
 July 20 – Stacey Peasley  
 July 27 – Karen K & Jitter Bugs  
 August 3 – Jeff Thomas  
 August 10 – Ben Rudnick & Friends

### JULY 4TH CELEBRATION WEEK IN NATICK

Mini Triathlon at Memorial Beach • 9:30am start  
 Sunday, June 26

Concert On The Common • 7:00-9:00pm  
 Monday, June 27 (Classic Groove)

Family Night Activities on the Common • 4:30-8:00pm  
 Wednesday, June 29 (No Rain Date)  
 (Sponsored by Middlesex Savings Bank)

Natick's Voice on the Common • 6:30-9:00pm  
 Thursday, June 30  
 (Sponsored by Mutual One Bank)

Kiwanis Pancake Breakfast • 7:00am-12:00pm  
 Monday, July 4

Parade • Downtown • starting at 9:00am  
 Monday, July 4

For more information go to [www.natick4th.org](http://www.natick4th.org)



### Outdoor Movie Night at the Natick Common

Join us for a movie under the stars! Bring your lawn chair, comfy blankets, snacks, beverages and bug spray as the Natick Community Services Department will show an outdoor movie on a big screen. Movie selection will be released at a later date. No pre-registration required.

Thu      Aug 18      8:00pm      free

# FALL 2016 CITIZENS LEADERSHIP ACADEMY

A program designed to enhance citizen understanding of town government operations through learning and conversation.

"I expected to learn about Natick government and operations. The Academy delivered."

"Authentic conversations with people who have the real answers..."

Accepting applications for the 2016 fall session now!

Visit:  
[natickma.gov/communityservices](http://natickma.gov/communityservices)  
 for application and information

# pre-K programs



## GPS SOCCER (Ages 3-6) (SC)

**Instructor:** Global Premier Soccer (GPS) Coaches

**Location:** Cole Center Field

This program can provide an introduction to the wonderful game of soccer. GPS will provide a wide range of programming suitable to all levels of playing ability during this session. Players will learn/develop new skills, further develop existing moves and have fun. GPS has highly qualified international coaches and they provide cutting edge curriculums and coaching methods. (4 days)

01	Mon-Thu	Aug 22-25	9:00-11:00am	\$110
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Registration forms available online or in our office. (Ongoing)

## SKYHAWKS MINI HAWKS (Ages 4-6) (SC)

**Instructor:** Skyhawks Staff

**Location:** Cole Center Fields

The Mini Hawk Program promotes fun while learning soccer, baseball and basketball. Basic sports skills will be taught as well as team strategies in a noncompetitive environment.

01	Mon-Fri	Aug 1-5	8:30-11:30am	\$134
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Registration forms available online or in our office. (Ongoing)

## SKYHAWKS QUICK START TENNIS (Ages 4-6) (SC)

**Instructor:** Skyhawks Staff

**Location:** East School Tennis Courts, 90 Oak Street

A new format to help children under the age of 7 learn and play tennis. The court is smaller, nets are shorter, racquets are smaller and the balls are foam. This is a fast and fun way to get kids into tennis and keep them playing. Rules of etiquette will be taught and all participants will receive a t-shirt. Fridays will be used as rain date.

01	Mon-Thu	Jun 27-30 (4 days)	9:00-10:30am	\$64
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02	Mon-Thu	Jul 18-21 (4 days)	9:00-10:30am	\$64
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03	Mon-Thu	Aug 8-11 (4 days)	9:00-10:30am	\$64
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Registration forms available online or in our office. (Ongoing)

## SOCCER SQUIRTS (Ages 5 & 6) (OL)

**Instructor:** U.S. Sports Institute Staff

**Location:** Cole Center

Soccer Squirts provides an introduction to the beautiful game of soccer. Soccer Squirts is designed to develop motor skills, balance and coordination through a range of games that stress short passing, dribbling, turning and of course shooting.

01	Mon-Fri	Jul 11-15	2:30-3:30pm	\$79
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Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## SPORTS SQUIRTS (Ages 3 & 4) (OL)

**Instructor:** U.S. Sports Institute Staff

**Location:** Cole Center

This program is geared to our younger sports "stars." Sports Squirts is a great way to introduce young children to a variety of sports such as soccer, t-ball, basketball and floor hockey. All activities are age appropriate and promote hand-eye coordination, movement and balance.

01	Mon-Fri	Jul 11-15	1:30-2:30pm	\$79
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Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## SUNSHINE CENTER (Ages 3-Pre-K) (OL)

**Location:** Cole Center

Sunshine Center provides a comfortable and relaxed environment for your child to develop social skills with other children. Activities include arts & crafts, music, movement, picnics, cooking and outdoor activities. Bring a snack. Juice or water provided.

01	Mon-Fri	Jul 5-15	9:00am-12:00pm	\$150
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02	Mon-Fri	Jul 18-29	FULL	\$165
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03	Mon-Fri	Aug 1-12	FULL	\$165
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*Session1 is 9 days, no class on Mon Jul 4*

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



## THUNDERCATS KIDDIE CAT JAM (Ages 4-6) (SC)

**Instructor:** Thundercats Staff

**Location:** Cole Center

Basic skills of soccer will be emphasized every day. Many other sports such as: T-Ball, Basketball, Softie Hockey, Balloonball and Kickball will be played throughout the week. A wide mix of games, as well as different theme days, will round out an exciting, noncompetitive, positive experience.

01	Mon-Fri	Aug 8-12	9:00am-12:00pm	\$138
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Registration forms available online or in our office. (Ongoing)

youth  
programs**ARCHERY (4th Grade & Up) (OL)****Instructor: On the Mark Archery****Location: Community-Senior Center Fields (rain site is TBA)**

Try out the Olympic sport of recurve archery this summer. Enjoy this introductory course where you will be taught the fundamentals that lead to success. Your skills will be honed and tested through drills, archery games and daily tournaments. Safety, range rules and procedures, shooting technique and scoring will all be covered. All equipment is provided. All instructors are USA Archery certified and NFAA certified.

01	Mon-Fri	Aug 1-5	5:30–6:30pm	\$120
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Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)**ARCHERY (Ages 15 & Up) (OL)****Instructor: On the Mark Archery****Location: Community-Senior Center Fields (rain site is TBA)**

Archery is a universal sport that is all-inclusive and requires no prior athletic ability or skill to succeed in. Safety, range rules and procedures, shooting technique and scoring will all be covered. All equipment is provided. All instructors are USA Archery certified and NFAA certified.

01	Mon-Fri	Aug 1-5	6:30–7:30pm	\$120
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Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)**BRICKS 4 KIDS (Ages 6-12) (OL)****Instructor: Bricks 4 Kids Staff****Location: Cole Center****Plastic Bricks Jr. Robots-Morning (AM)**

Each day we'll use Lego bricks to build models and bring them to life with computer programming. Your child will use WeDo, the drag and drop, icon-based software, as an introduction to computer programming and robotics. Please bring a nut-free snack and a beverage.

01	Mon-Fri	Jul 18-22	9:00am–12:00pm	\$230
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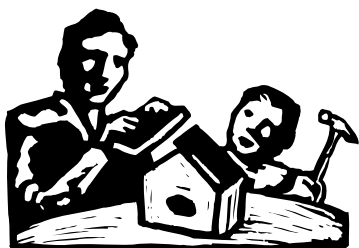
**Plastic Bricks Space Wars-Afternoon (PM)**

Using Lego bricks and our NASA and Star Wars model plans, your imagination will blast off. Children will learn about real-life space exploration, play games and build Star Wars take-home crafts. Please bring a nut-free snack and a beverage.

02	Mon-Fri	Jul 18-22	1:00–4:00pm	\$230
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03	Mon-Fri	Jul 18-22	9:00am–4:00pm	\$460
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OPTION: Join Bricks 4 Kidz staff for an all day affair (S# 3), sign up for both AM and PM sessions (\$460 for both) and stay for a supervised lunch period. Please bring a lunch that does not need to be refrigerated, your own snacks and a water bottle. Lunch will be from 12-1pm and will include some outdoor play weather permitting.

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)**COLE SUMMER BRIDGE WEEK (Entering Grades 1-5, Fall 2016) (OL)****Location: Cole Center, 179 Boden Lane**

We're bringing all the best parts of "Vacation Week" and Sargent Center in a compact one week bridge program at the Cole Center. Children entering Grades 1-5 in the fall of 2016 are eligible. Activities include arts & crafts, games, & sports. PLEASE NOTE: Each child must bring a lunch that does not need to be refrigerated.

01	Mon-Fri	Aug 15-19	8:30am–3:30pm	\$150
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Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)**FIRST PLAY SOCCER (Ages 7-10) (SC)****Instructor: U.S. Sports Institute Staff****Location: Wilson Middle School, 22 Rutledge Road**

Experience the excitement of the world's most popular sport at US Sports Institute's First Play Soccer Clinic. Participants will engage in a variety of fun games and challenges designed to enhance basic soccer skills; dribbling, passing, shooting and field awareness. Each day culminates in our World Cup tournament. The sole focus is on developing a basic understanding of the game and experiencing the excitement of soccer through the freedom of play.

01	Mon-Fri	Jul 11-15	9:00am–12:30pm	\$150
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Registration forms available online or in our office. (Ongoing)

**FUNUTATION SUMMER TECH • Ages 8-11 (OL)****Instructor: Funutation Tech Camps Inc.****Location: Cole Center**

**AM Session:** MINECRAFT®—Download and install mods and maps into your gaming masterpiece. Test the strength of your mods with Funutation. Tekkies work solo as they investigate different ways to play Minecraft®. Bring your own computer to save your progress.

**PM Session:** Discover the secrets behind stop-motion animation by using Windows Live Movie Maker. Kids create their own story with toys and clay while adding special effects and audio. Kids acquire tech skills using our trademarked Funutation TEAMS® hands-on, inquiry-based model. Tekkies work in teams of four as they investigate and discuss tech principles in action.

01	Mon-Fri	Aug 22-26	FULL	\$195
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02	Mon-Fri	Aug 22-26	12:00–3:00pm	\$195
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Register for both morning and afternoon for \$5 discount. Discount for bringing your own Lap-top computer with Internet access: \$10. Minecraft account required for AM program. If you do not already have a Minecraft account, you can purchase one from [minecraft.net](http://minecraft.net). Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**GPS SOCCER "TTP" (Ages 7-12) (SC)****Instructor: Global Premier Soccer (GPS) Coaches****Location: Cole Center Field**

This Technical Training Program (TTP) can provide an introduction to the wonderful game of soccer or it could be a great opportunity to hone some of your skills before the fall season. GPS TTP will provide a wide range of programming suitable to all levels of playing ability during this session. GPS has highly qualified international and provide cutting edge curriculums and coaching methods. We have half day and full day options, see below.

01	Mon-Thu	Aug 22-25	9:00am–1:00pm	\$150
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02	Mon-Thu	Aug 22-25	9:00am–3:00pm	\$205
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Registration forms available online or in our office. (Ongoing)





## MINI MUSICAL THEATER (Ages 5-10) (OL)

**Instructor:** Cindy Wright, NDW Director

**Location:** Cole Center

This program is a wonderful introduction to the world of musical theater. Classes will be spent learning songs, dances and dialogue. Children will work toward an informal performance at the end of the last class. Age appropriate roles will be assigned. Please have your child dress comfortably each day with lightweight shoes and bring a light lunch and a water bottle to each class. (4 days each session)

01	Tue-Fri	Jun 28-Jul 1	FULL	\$110
02	Mon-Thu	Jul 11-14	10:00am-1:30pm	\$110
03	Mon-Thu	Aug 8-11	10:00am-1:30pm	\$110

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## SARAH BEHN BASKETBALL • GIRLS (Ages 7-12) (SC)

**Instructor:** Sarah Behn Basketball Coaches

**Location:** Wilson Middle School, 22 Rutledge Road

The girls will gain confidence while the Coaches teach the fundamentals of basketball, which in turn will raise their individual level of play and make the game more fun to play! (4 days)

01	Tue-Fri	Jul 5-8	9:00am-12:00pm	\$130
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Registration forms available online or in our office. (Ongoing)

## SARGENT CENTER (Entering Grades 1-5, Fall 2016) (OL)

**NEW \* Location:** Bennett-Hemenway Elementary School,  
22 East Evergreen Road

Children entering grades 1-5 in the fall of 2016 are eligible. Activities include arts & crafts, games, sports, free play and much more. There will be an excellent staff to help coordinate special activities for your child.

PLEASE NOTE: Each child must bring a lunch that does not need to be refrigerated.

01	Tue-Fri	Jul 5-8 (4 days)	8:30am-3:30pm	\$122
02	Mon-Fri	Jul 11-15	8:30am-3:30pm	\$150
03	Mon-Fri	Jul 18-22	8:30am-3:30pm	\$150
04	Mon-Fri	Jul 25-29	FULL	\$150
05	Mon-Fri	Aug 1-5	FULL	\$150
06	Mon-Fri	Aug 8-12	FULL	\$150

NEW, longer hours!

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## SKYHAWKS BASKETBALL (Ages 7-11) (SC)

**Instructor:** Skyhawks Staff

**Location:** Wilson Middle School, 22 Rutledge Road

Enjoy a week of basic FUNdamentals covering passing, shooting, dribbling and defense through drills, half court and full court work.

Program is coed. (Full day)

01	Mon-Fri	Aug 1-5	8:30am-2:30pm	\$164
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Registration forms available online or in our office. (Ongoing)

## SKYHAWKS BEACH VOLLEYBALL (Ages 7-14) (SC)

**Instructor:** Skyhawks Staff

**Location:** J. J. Lane Park, Speen Street (next to the National Guard)

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. Program is designed for the beginner to advanced beginner. Friday will be used as rain date. (4 days)

01	Mon-Thu	Jul 11-14	9:00am-12:00pm	\$139
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Registration forms available online or in our office. (Ongoing)

## SKYHAWKS S.N.A.G. GOLF (Ages 5-9) (SC)

**Instructor:** Skyhawks Staff

**Location:** Community-Senior Center Field, 117 E Central Street

S.N.A.G. (Starting New At Golf) Golf focuses on building the confidence of young athletes by teaching proper technique to refine the essential skills of the game of golf. This program is specifically designed for the entry level player, S.N.A.G. uses oversized plastic club heads and mini tennis balls to build confidence.

01	Mon-Fri	Jul 11-15	9:00am-12:00pm	\$134
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Registration forms available online or in our office. (Ongoing)

## SKYHAWKS TENNIS (Ages 7-12) (SC)

**Instructor:** Skyhawks Staff

**Location:** East School Tennis Courts, 90 Oak Street

Beginners will be taught proper techniques of grip, footwork, serves, ground strokes, volleys and overheads through fun games and drills. The rules and etiquette of tennis will be covered. (4 days) Fridays will be used as rain dates.

01	Mon-Thu	Jun 27-30	9:00am-12:00pm	\$134
02	Mon-Thu	Jul 18-21	9:00am-12:00pm	\$134
03	Mon-Thu	Aug 8-11	9:00am-12:00pm	\$134

Registration forms available online or in our office. (Ongoing)

## THUNDERCATS COMBO (Ages 7-10) (SC)

**Instructor:** Thundercats Staff

This coed combo program gives young athletes a fun learning experience in two sports. PRIMARY SPORT will consist of focused skill building activities and the SECONDARY SPORT will have more of a recreational experience. Program finishes with a tournament day. (Session 1 is 4 days)

## FLAG FOOTBALL AND DODGEBALL

**Location:** Cole Center

01	Tue-Fri	Jun 28-Jul 1	9:00am-3:00pm	\$145
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## FLOOR HOCKEY and DODGEBALL

**Location:** Johnson Street Hockey Rink

02	Mon-Fri	Aug 15-19	9:00am-3:00pm	\$180
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Registration forms available online or in our office. (Ongoing)

# organic farm programs



## CSA SHARES: EAT LOCALLY & HEALTHILY!

NCOF runs a 20-week Community Supported Agriculture (CSA) program from June through October. Participating in NCOF's CSA is a wonderful way to eat locally, improve your diet and culinary skills, support the Farm, and get to know the people who grow your food. Weekly e-newsletters provide helpful information on what crops to expect in your share, tips on how to store your share, tasty recipes, and news on what's happening at the Farm.

2016 Shares run from June 6-October 19, 2016. Pick-ups are on designated days after 3 PM at the Farm. Shares are distributed in reusable cloth bags. Your CSA e-newsletter will be sent out on Mondays. Pick Up Day Options: Mondays: half shares, Wednesdays: full shares

### Pricing Options

Option 1: Full Share Vegetables only	\$550 (\$27.50/wk)
Option 2: Half Share Vegetables only	\$360 (\$18/wk)
Option 3: Vegetables & Flowers	\$810 (\$42.50/wk; save \$40)
Option 4: Flowers only	\$300 (\$15/wk)

Download the CSA application from [www.natickfarm.org](http://www.natickfarm.org) or pick one up at the Farm. Shareholders must be current NCOF members at a level appropriate to the size of their families.

## BUSINESS FLOWER ARRANGEMENT SHARES

NCOF runs a popular 20-week flower arrangement CSA for local businesses, delivering large, super-fresh seasonal arrangements styled in recycled glassware. Arrangements are long-lasting and easily customized to suit where they'll be displayed. Select your regular delivery day—Monday or Thursday—and you'll receive your flowers at your place of business before 3 PM!

## DINNERS WITH DEENA (Age 15+)

Eat like a Farmer as we prepare a wholesome community dinner together. Gather in our farmhouse kitchen with Farmer Deena to prepare seasonal recipes with our fresh organic produce. Learn the best ways to cook the unique vegetables from a weekly CSA farm-share, perfect for current and prospective veggie shareholders to learn fun, new recipes! You'll go home with a full stomach, new culinary skills and tasty recipes to feed your family and friends.

01	Wed	Jun 8	6:30-8:30pm	\$30
02	Wed	Jun 15	6:30-8:30pm	\$30
03	Wed	Jun 22	6:30-8:30pm	\$30
04	Wed	Jun 29	6:30-8:30pm	\$30
05	Weds.,	Jun 8, 15, 22, 29	6:30-8:30pm	\$100

## NCOF SUMMER PROGRAMS (Ages pre-k- through 14)

Please see Summer Programs page of [www.natickfarm.org](http://www.natickfarm.org) for details and pricing; log in to check availability.

## SCOUT OVERNIGHT CAMPING (All Ages)

Scouts of all ages can pitch tents under our apple trees, enjoy a campfire, and listen to the night sounds on our historic New England organic farm. Enjoy a special morning program of waking up, and feeding and watering our animals with a farmer. Scouts will select a dozen eggs from our hens for their farmers' breakfast, complete with a 12 oz. bottle of our own maple syrup, compliments of the Farm!

Friday or Saturday	Year-Round	3:00pm-12:00pm	\$25/person
(2 chaperones free)			

## BARNYARD BIRTHDAY BASH (All Ages)

Birthday boys and girls of all ages can explore farm life, hike our woods, stage a scavenger hunt, reserve a tour, and enjoy birthday cake back in our Education Center. For rental and fee information please go to [www.natickfarm.org/Hold a Farm Event](http://www.natickfarm.org/Hold a Farm Event).

01	Wed	Jun 8	6:30-8:30pm	\$30
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## FOREST GNOMES

We are excited to offer a year-round Waldkindergarten program at the Farm, a program for pre-school-aged children that takes place in the outdoors—a classroom without walls, changing with the seasons. Exploration and investigation will stimulate while ample free-play with open-ended props and natural materials will offer rich opportunity to process experiences and develop deep understanding of the natural order of the world in which they live. Children have to be three years old by June 15.

01	Mon and Wed, Sept 6, 2016 - Jun 14, 2017 8:30am-12:30pm Mon/Wed \$3,854			
02	Tues and Thurs, Sept 7, 2016 - Jun 15, 2017 8:30am-12:30pm Tues/Thurs \$4,008			
03	Fri, Sept 9, 2016-Jun 16, 2017 (only for child/ren already enrolled in Mon/Wed or Tues/Thurs) 8:30am-12:30pm \$1,775			

## SAVE THE DATE: NCOF HARVEST DINNER & AUCTION

Friday, September 23, 6 PM

Wellesley College Club

The finest local, organic, seasonal, and sustainable food from NCOF and 30 other producers, lovingly prepared by Wellesley College Chefs, in support of NCOF's Teen Programming.

- open bar
- lakeside local and organic beer, wine and spirits tasting
- oysters and hors d'oeuvres
- scrumptious seasonal fare
- desserts

# adventure weeks and camps

## ADVENTURE WEEKS (Grades 6-8) (OL)

Join our Recreation staff for some fun this summer as we take a different adventure each week. Participants will enjoy a true summer vacation with theme parks, local attractions and new adventures. Participants should be able to complete rigorous activities. Participants should bring sneakers with a good sole, a lunch that does not need to be refrigerated, snack, water bottle and a backpack. Waivers will be required to be signed for various activities by a parent or guardian. These forms will be made available at the beginning of each week. Participants will not be able to attend if this form is not filled out.

### Week 1-Theme Parks

We will kick the week off at a local beach and then spend the rest of the week going to different theme parks. We will be going to *Six Flags, Canobie a Water Park and more!*

### Week 2-Paint Ball and More

This week will be spent going to the beach, playing lazer tag, indoor rock walls, and a day at Paint Ball. Participants will learn about safety associated with various physical activities. The week will end with a trip to a local 'Paint Ball' facility where they will play timed games, capture the flag and much more.

### Week 3-Zip Line, Water and Woods

This week revolves around Water, and Woods. We will start the week with beach day, hiking canoeing and a trip to Water Country and finish with a zip line trip to Zoar.

01	Mon-Thu	Jun 27-30	FULL	\$285
02	Mon-Thu	Aug 15-18	9:00am-4:00pm	\$285
03	Mon-Thu	Aug 22-25	FULL	\$285

\*Times subject to change due to availability of attractions and trips.

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## CAMP WOODTRAIL (DC)

### Still Some Openings-Register Today!

Woodtrail is for children entering Grades 1-8 in the fall of 2016. There are three activity packed sessions at Camp Woodtrail. Each session is for two weeks and has a variety of options to meet parents/guardians demanding schedules. Camp will take place at Kennedy Middle School. There are options for early care and after care as well. All campers are assigned to small peer groups according to their grade level. At the beginning of each session a newsletter will go home outlining the activities for each session.

01	Mon-Fri	Jul 5-15*	8:30am-3:00pm	\$370
02	Mon-Fri	Jul 18-29	8:30am-3:00pm	\$410
03	Mon-Fri	Aug 1-12	8:30am-3:00pm	\$410

\*9 days, no camp Monday, July 4

**NOTE:** Camp fees include one age appropriate field trip per session. Additional field trips may become available through the summer and some may have an additional charge to attend. Field trips include entrance fees, transportation and staff. To register please complete a Woodtrail registration form available at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or pick one up at the Cole Center. Campers will also need an up-to-date physical, as well as an up-to-date immunization record. Please see the form for more information.

### VOLUNTEERS

Anyone interested in volunteering (a min. of a 2-week commitment is required and you should be entering Grade 9) should download a generic volunteer application from [www.natickma.org/recreation](http://www.natickma.org/recreation). If you are planning to earn Community Service Credits for graduation, see your Guidance Counselor for the forms and the process you should follow.





# skyline

## adaptive programs

### SKYLINE SUMMER INTERNSHIP: Ages (Teens and Adults) (OL)

**Location: Natick**

Our Special Needs volunteer program is a great transition-program that will help clients get work experience to build their resume. They will work to help different facilities including Camp Arrowhead, Memorial Beach, Lincoln Café, and more. Various skills will be used throughout the week. Each individual is required to be self sufficient and willing to participate in all areas. All new interns will meet with staff prior to the start of this program.

01 Mon-Fri Jun 28-Aug 5 9:00am-3:00pm \$20/day  
No program Jul 4

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

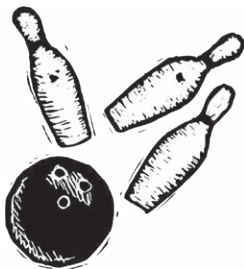
### BOWLING AND DINNER (Teens and Adults) (OL)

**Location: Meet at the Cole Center**

A Skyline favorite is to head to Ryan's Family Amusements and knock down some pins before going out to dinner with the gang.

06 Fri Jul 8 6:00-10:30pm \$49

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



### CHARLES RIVER ROTARY SOFTBALL TEAM (Teens and Adults) (OL)

**Location: Cole Center Field**

Batter Up! Join our team for some great softball action on Wednesday evenings. For 8 weeks we will play other teams from throughout the region. Many thanks to our sponsor-Charles River Rotary Club. Additional \$10 for a new shirt.

01 Tue Jun 7-Jul 26 6:30-8:00pm \$85

02 Shirt \$10

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### DUCK TOURS (TEENS AND ADULTS) (OL)

**Location: Cole Center**

Boston is one of the most well known places in the USA. Let's hear all about it on a DUCK! We will get a tour of Boston on land AND in the water and then we will stop by the Framingham service area on the Mass Pike for dinner on our way home!

07 Sat Aug 27 2:00-7:30pm \$79

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### LOWELL SPINNERS (Teens and Adults) (OL)

**Location: Cole Center**

The class "A" affiliate of the Boston Red Sox will keep you cheering all night. You will also be entertained by the great mascots. Please bring money for any concessions, recommended at least \$10.

02 Fri Aug 19 5:30-11:00pm \$45

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### MINI GOLF (Teens and Adults) (OL)

**Location: Cole Center**

Let's putt our way through the course before going out to dinner.

04 Fri Jul 22 6:00-10:30pm \$53

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### MYSTIC AQUARIUM (Teens and Adults) (OL)

**Location: Meet at the Cole Center**

Lunch is included in this adventure to go check out the underwater world.

01 Sun Jun 26 11:30am-6:00pm \$74

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### WHALE WATCH (Teens and Adults) (OL)

**Location: Meet at the Cole Center**

We are heading out to lunch together then come experience the ocean with us as we head out on a boat to do some whale watching. Bring money for concessions on the boat! As event gets closer please double check on ending time. Note we will not have a wheel chair lift for this trip. Thank you for understanding.

05 Sat Jul 30 11:00am-8:00pm \$88

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



# Perspectives

## Programming with working adults in mind

### PERSPECTIVES CLASSES AT THE CSC

#### BELLY DANCING

**Instructor: Charlene Harper**

What better way to celebrate life than by learning the ancient art of belly dancing? Discover your feminine grace through learning to shimie and make the classic body shapes and undulations. Wear a fitted top, comfortable pants or leggings, soft dance slippers, and bring a bottle of water.

Saturdays Jul 9-Aug 20 9:30-10:30am 7 wks/ \$70

#### BOLLYWOOD DANCING: beginners – all ages

**Instructor: Monisha Rajinikanth**

Learn the fun and energetic style of modern Indian dance based on the classical dance and music tradition of Bollywood. Not for the faint of heart as we'll be moving around a lot. Wear comfy clothing, bring water, and be prepared to dance like a Bollywood star!

Thursdays Jul 14-Aug 25 7:30-8:30pm 7 wks/ \$70

#### SUMMER WITH SHAKESPEARE

Read some of Shakespeare's greatest works and view film adaptations of this iconic author this summer, on the 400th anniversary of his death. Group readings and discussions of *Romeo and Juliet*, *Hamlet*, and other classics will be led by academic faculty, playwright and stage director, Ted Eaton. This course includes an option for travel to the free Medfield Players Shakespeare Festival in August.

Wednesdays Jul 13-Aug 10 2:00-4:00pm 5 wks/ \$100

To register call: 781-239-2700 or email: cctce@massbay.edu

#### USING AND CRAFTING WITH ESSENTIAL OILS – all ages

**Instructor: Esther Maria Rest**

Come for a 1.5 hour-long workshop to discover the power of essential oils hands-on, the different properties & basics of combinations, and take home a blue glass spritzer with your own scent.

Wed June 22 6:30-8:00pm \$15

#### YOGA I: GENTLE YOGA

**Instructor: Ann Masse**

This class is great for newbies as well as the seasoned yogi. Class focuses on breath awareness, proper alignment, building strength and increasing flexibility and relaxation through warm-ups, props to support the body and a sequence of poses designed to gently stretch various parts of the body. By gently stretching all the major muscle groups, this practice induces a state of relaxation and calm. Please bring a yoga mat and wear loose, comfortable clothes. Yoga blocks and yoga strap are optional.

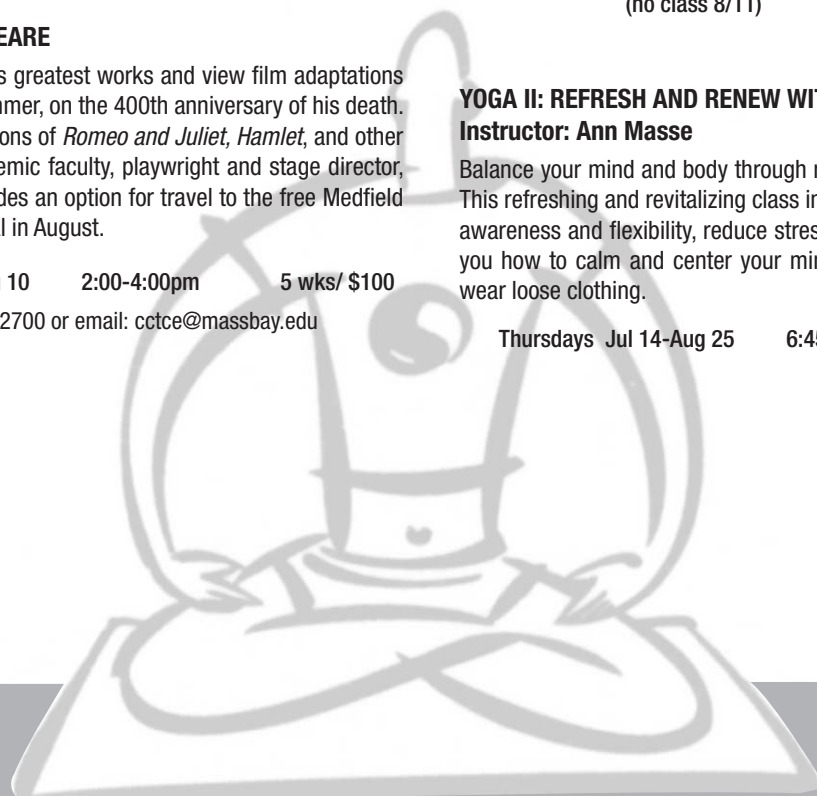
Thursdays Jul 14-Aug 25 5:30-6:30pm 6 wks/ \$60  
(no class 8/11)

#### YOGA II: REFRESH AND RENEW WITH VINYASA FLOW

**Instructor: Ann Masse**

Balance your mind and body through relaxation, breath and movement. This refreshing and revitalizing class includes postures to increase body awareness and flexibility, reduce stress, and, most importantly teaches you how to calm and center your mind. Please bring a yoga mat and wear loose clothing.

Thursdays Jul 14-Aug 25 6:45-7:45pm 6 wks/ \$60



# happenings at the center

## RED CROSS BLOOD DRIVE

**Location: Community-Senior Center**

Held monthly at the Community-Senior Center, blood drives are a fantastic way to give back to your community. The American Red Cross is always looking for donors and has urgent need for all blood types. Thanks to your generosity, the ARC continues to exceed its goal! Please continue this great trend by contacting the ARC to set up an appointment to donate at our next drive.

Mon Jun 6, Aug 8 Tue Jul 5 2:00-7:00pm

## BAGELS WITH THE BOS

**Location: Community-Senior Center**

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Thu Jun 23, Jul 28 & Aug 25 9:00am free

## REPRESENTATIVE LINSKY'S OFFICE HOURS

**Location: Community-Senior Center**

Mon Jul 11 9:30am

## SENATOR ROSS OFFICE HOURS

**Location: Community-Senior Center**

Tue Jul 26 10:00am

## GET TO KNOW YOUR TOWN GOVERNMENT

**Location: Community-Senior Center**

A conversation with Sue Salamoff, Natick Board of Selectmen. Come with your questions!

Thu June 2, July 7, Aug 4 9:30am

## NEW PEER SUPPORT GROUP:

### Changing Hoarding Behaviors

Do you avoid having people over because of the cluttered state of your home?

Do you have trouble getting rid of your stuff?

Do you buy more than you actually need?

Research shows that working through these issues in a structured group is one of the most effective ways to address hoarding behaviors.

**WHEN:** Thursday evenings from 6:00 – 8:00 pm, beginning September 15, 2016.

**WHERE:** Natick Community-Senior Center, 117 East Central Street

**COST:** Free of Charge. (Purchase of the book *Buried in Treasures* is required. Available on line new or used.)

Pre-registration is preferred.

Call 508. 647.6542 for more information or to register.

## TED TALKS DISCUSSION GROUP

**Location: Community-Senior Center**

This is a casual group that enjoys TED (Technology Entertainment and Design) Talks. This is not a debate group, but rather a collection of courteous individuals that aspire to learn more about their world. The group meets once a month for one hour to view talks offered by TED.com. Each week we watch and discuss two TED Talks (one is selected in advance and the other is voted on by the group).

Thu Jun 9 11:00am free

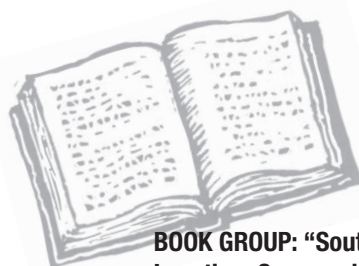
Topic: *Alexander Betts, "Our refugee system is failing. Here's how we can fix it."*

Thu Jul 14 11:00am free

Topic: *Russ Altman, "What really happens when you mix medications?"*

Thu Aug 11 11:00am free

Topic: *Al Gore, "The case for optimism on climate change"*



## BOOK GROUP: "Southern Lady, Yankee Spy" by Elizabeth Varon

**Location: Community-Senior Center**

Join Director of the Bacon Free Library, Meena Jain, for a fun discussion of books of historical fiction and non-fiction. All are welcome to join. RSVP requested. Copies of the books are on hold at Bacon Free Library and also available as downloads on Minuteman Library Overdrive. Feel free to bring your own cup of coffee or purchase one at the center!

Tue Jun 21 1:00pm free

*Upcoming Book group reads at CSC: "Orphan Train" by Christina Baker Kline on Tuesday, July 26, 1:00pm; "Waterloo" by Bernard Cornwell on Tuesday, August 23 at 1pm; "The Witches" by Stacy Schiff on Tuesday, September 20 at 1:00pm.*

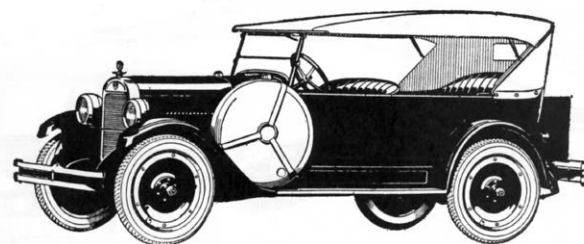
## CLASSIC CARS

**Location: Community-Senior Center**

Cruise on by to check out classic cars from Model A Fords to muscle cars and more! Refreshments and coffee available for purchase; proceeds to benefit the Friends of the Natick Senior Center, Inc. DJ will spin your favorite tunes. Fun for the whole family! Call 508-647-6540 for more information.

Sat Jul 16 9:00am-Noon free

(Rain date will be Saturday, July 23, 9:00-noon)





## COFFEE AND CURRENT EVENTS

**Location: Community-Senior Center**

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board. Joe, a 30-year resident of Natick, is a former state agency Public Information Officer.

Fri June 24, July 22, Aug 26 10:30am free

## FAIRYTALE DANCES OF INDIA

**Location: Community-Senior Center**

Smitha Radhakrishnan from the NATYA Dance Studio presents Fairytale Dances of India. Bring the whole family to this interactive experience of storytelling through classical dance of India. Familiar fairytales and Indian mythological stories are portrayed with eclectic music and moving narrative. This performance will inspire kids and grownups alike to tell their favorite stories through dance! Brought to you by a Natick Cultural Council Grant.

Wed Aug 17 4:00pm free

## FULL HOUSE: A HOARDER'S JOURNEY

**Location: Community-Senior Center**

Please join us for a revealing conversation with Lorraine Gilmore, who has the disorder known as compulsive hoarding. She will share her journey to downsize, her struggles along the way and which strategies helped her the most. *Pre-registration required.*

Wed Sept 7 1:00pm free

## MUSIC THROUGH THE DECADES

**Location: Community-Senior Center**

Join musician David Polansky for "Music Through The Decades;" a fun filled hour in which the audience learns how the last hundred-plus years of American and world history have influenced the great American Popular Song Book. Using keyboard, trumpet, and vocals David brings alive the music of George M. Cohan, Irving Berlin, Fats Waller, George Gershwin, Hoagy Carmichael, and a host of others. This program is a real winner. Don't miss it! Brought to you by a Natick Cultural Council Grant.

Thu Jun 23 1:30pm free

Register at:  
<https://register.communitypass.net/Natick>

## SUMMER CONCERT SERIES *compliments of Mary Ann Morse*

**Location: Community-Senior Center**

Join entertainer, Robert Black, an Elvis Presley Tribute Artist. Dancing and good times! *Pre-registration required.* Please register on Community Pass or call the CSC to register at 508-647-6540.

Thu Jun 16 7:00pm free

## SUMMER CONCERT SERIES *compliments of Mary Ann Morse*

**Location: Community-Senior Center**

Enjoy the fun with Swing 5 Band as they bring back the rarely heard 30's and 40's works of the likes of Duke Ellington, Cole Porter, Victor Young, Jerome Kern and others. You will enjoy hearing the songs of yesteryear again! *Pre-registration required.* Please register on Community Pass or call the CSC to register at 508-647-6540.

Thu July 21 7:00pm free

## SUMMER CONCERT SERIES *compliments of Mary Ann Morse*

**Location: Community-Senior Center**

Listen to great jazz with The Wolverines Band – a 7 piece band that will bring traditional and swing jazz to the Community-Senior Center! *Pre-registration required.* Please register on Community Pass or call the CSC to register at 508-647-6540.

Thu Aug 18 7:00pm free



## WALK AT THE WELLESLEY COLLEGE ARBORETUM

Join us on a docent-led walk through the Arboretum. Walk will take place even if it is raining a little. The path has an uneven, hilly terrain. Meet at the campus greenhouses, 106 Central St, Wellesley and follow signs to Science Center and park in the Gray Lot. *Pre-registration required:* call 508-647-6540 or register on Community Pass.

Thu Jun 16 10:00am free

## happenings at the center

### WALK AT JJ LANE PARK - AND BRUNCH!

Join us for a special outdoor BRUNCH, goodies supplied by Whitney Place, Assisted Living Residences. We'll walk around the park—your choice either a paved path or mulch path. Enjoy this newest addition to the Natick Parks with community gardens, playing areas and open lawn. JJ Lane is located right next to the Army National Guard Readiness Center at 149 Speen St. In case of rain, we'll meet at Natick Community-Senior Center, 117 East Central St. *Pre-registration required:* call 508-647-6540 or register on Community Pass.

Wed June 8 10:00am free

### WELCOME TO NATICK!

Whether you've just moved to Natick or have been here for awhile, this overview of the Town of Natick will show the depth and breadth of all this vibrant community has to offer. An experienced town resident will present an overview, provide resources and answer questions. Meet other residents, enjoy refreshments, gather hand-outs and give-aways and enter to win a free lunch at area restaurants. Call to register 508-647-6540 or rsvp to skirby@natickma.org

Mon Jun 27 7:00pm free



## COMPUTERS

### COMPUTER LAB

Instructors: Tom Swan & Ray Berggren

Drop-in, first come, first served with your computer questions.

Mon & Fri	ongoing	9:00am-noon	free
Tue, Wed, Thu	ongoing	1:00-3:00pm	free

### FOSS (Free, Open-Source Software) User Group

Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. All computer users are welcome. Usually meets the first Thursday of the month, except on the second Thursday in January, July and September.

Thu Jun 2, July 14, Aug 4 3:00-6:00pm free

Register at:  
<https://register.communitypass.net/Natick>

## fitness programs

### FITNESS ROOM AT CSC

*The Fitness Room at the CSC is a small community gym with cardiovascular equipment, KEISER Pneumatic weight machines, and free weights. To join you must complete an orientation session, which you can sign up for at the front desk at the CSC. Fitness room hours are Mon-Fri from 7:30am-8pm and Sat 8:30am-12:30pm.*



### SMALL GROUP PERSONAL TRAINING: Morning

Instructor: Fitness Together Staff

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. This class is appropriate for those who have done small group before or are regular exercisers. New sessions start each month.

Tue & Thu	May 26-Jun 21	10:00-11:00am	\$100
Tue & Thu	Jun 23-Jul 19	10:00-11:00am	\$100
Tue & Thu	Jul 21- Aug 16	10:00-11:00am	\$100
Tue & Thu	Aug 18-Sept 13	10:00-11:00am	\$100

### SMALL GROUP PERSONAL TRAINING: Evening

Instructor: Fitness Together Staff

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. New sessions start each month.

Tue & Thu	May 26-Jun 21	7:00-8:00pm	\$100
Tue & Thu	Jun 23-Jul 19	7:00-8:00pm	\$100
Tue & Thu	Jul 21- Aug 16	7:00-8:00pm	\$100
Tue & Thu	Aug 18-Sept 13	7:00-8:00pm	\$100

Register at CSC, 508-647-6540, cash or check, payable to 'Town of Natick' due upon registration.

### WEEKLY EXERCISE PROGRAMS

<b>Chair Aerobics:</b>	Tuesdays & Fridays	11:00-noon
<b>Line Dancing:</b>	Wednesdays	12:00-1:00pm
<b>Muscle Building:</b>	Low to Moderate Band Exercises	
	Tuesdays and Thursdays	11:00am-noon
<b>Muscle Building:</b>	Advanced Band Exercises	
	Tuesdays and Thursdays	10:00-11:00am
<b>Evening Muscle Building:</b>		
	Tuesdays and Thursdays	5:30- 6:30pm
<b>Strength Training:</b>	Fridays	10:00-11:00am
<b>Tai Chi:</b>	Fridays	11:15am-12:15pm
<b>Yoga:</b>	Fridays	1:45-4:00pm
<b>Zumba:</b>	Mondays	11:30am -12:30pm

# volunteering

## TRANSPORTATION VOLUNTEERS

Volunteers are needed in our transportation program. We provide transportation for seniors and residents of all ages with disabilities to medical appointments and other destinations locally as well as in Boston. Drivers have the opportunity to meet and get to know many new people while providing a much needed service. This opportunity allows for a flexible schedule, and drivers use their own car to drive people to destinations to which they are comfortable. Drivers can also opt to drive our new MWRTA sponsored van. If you are driving the van there is no special license required; however, training will be provided and you will be scheduled into morning or afternoon shifts.



## SUBSTITUTE FRONT DESK ASSISTANTS

We are looking for volunteer front desk assistants to support staff with answering phones, registering people for programs, processing multi-exercise cards and parking permits, copying, processing medical equipment loans and returns, assisting visitors to the Center and many other related tasks. Front Desk Assistants have to be fully comfortable using computers and other office equipment. We are looking for people who can fill in when our regular volunteers are sick or on vacation.

## PROPERTY TAX WORK-OFF PROGRAM

**(Applications Accepted starting May 1, 2016)**

If you are a Natick resident 60 years of age or older or a veteran of any age, and if your gross income in 2015 was under \$43,491 for a household of one or \$56,872 for a household of two, you may qualify to participate in our Property Tax Work-off Program. As a participant you are placed in a position in a Town Department and can work up to 125 hours starting June 1, 2016 and ending February 28, 2017 in order to earn up to a \$1,250 credit toward your FY17 Property Taxes. There is an application process to participate in this program

**If you are interested in any of the above opportunities, please e-mail [kedwards@natickma.org](mailto:kedwards@natickma.org) or call the Community-Senior Center at 508-647-6540.**

# transportation

## NATICK'S OWN TRANSPORTATION SERVICE

The Natick Connector provides door-to-door transportation to medical appointments, grocery stores and other personal services throughout Natick and nearby destinations including Framingham, Wayland, Wellesley and Newton.

The one-way fare is \$2; round trip is \$4. Residents set up accounts with the MetroWest Regional Transit Authority (MWRTA) and the trip fare will be deducted from your account. Call MWRTA at (508) 820-4650 to set up an account.

*To reserve a ride, contact the MWRTA call center at (508) 820-4650. Please contact the call center at least two business days before you need a ride.*

*Questions or comments? Contact Jim Brennerman at [jbrennerman@natickma.org](mailto:jbrennerman@natickma.org).*

## JUST A REMINDER

Just a reminder that people with handicap placards are free to park anywhere in the CSC parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that all the spots that run parallel to the building in the front are now marked for handicapped parking only.

## TAXI COUPONS

Natick Council on Aging has a taxi coupon program with local taxis for seniors and residents with disabilities who are unable to access other transportation resources. The intent of this program is to assist in paying the taxi fare, not to pay the total fare. Taxi coupons are assigned, are non-transferable, have no cash-back value and expire at the end of the fiscal year, June 30, 2016. For additional information, go to [www.natickma.org](http://www.natickma.org).

## RMV NEAR ME

The Council on Aging can now conduct certain Registry of Motor Vehicles transactions on-line with assistance from trained volunteers and staff. Trained volunteers will assist with License renewals, for drivers under 75 years of age, Registration Renewals, Change of Address, Duplicate License or Registration, and reporting a lost or stolen disability placard and request for a replacement.

By appointment only; for more information or to make an appointment, call 508-647-6540.

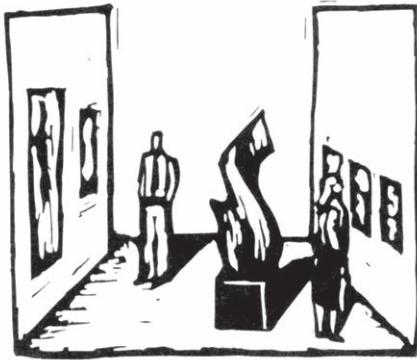


# summer trips guide

## DAY TRIP-'FUNNY GIRL' AT NORTH SHORE MUSIC THEATRE

Depart from Natick Community-Senior Center at 10:30am to the North Shore Music Theatre for one of Broadway's all time favorite musicals, "Funny Girl." Classic songs include Second Hand Rose, People, Don't Rain on My Parade and more. You'll also enjoy a wonderful lunch at the Danversport Yacht Club. Register on Community Pass or come by Natick Community Senior-Center with cash or check payable to the 'Town of Natick'. Call 508-647-6540 for more information.

Wed June 8 10:30am bus Return around 5pm \$109  
Show, ticket & lunch included.



## VISIT THE DECORDOVA ART MUSEUM & SCULPTURE GARDEN ON THE NATICK CONNECTOR BUS

The DeCordova Museum in Lincoln MA focuses on American contemporary & modern artists, with a 30-acre sculpture park outside. Lunch is available on your own at the Museum Café. This is an independent trip for those wishing to explore attractions with others from the Natick Community-Senior Center. You will depart and arrive back at the center. If you have any mobility issues or requests, please contact [jbrenneman@natickma.org](mailto:jbrenneman@natickma.org) Please register on Community Pass or come by the CSC to register in person.

Wed June 29 9:30am to approx 2:00 pm  
\$4 registration fee & \$12 Admission fee

## CHARLES RIVERBOAT CRUISE AND LUNCH AT CHEESECAKE FACTORY DAY TRIP

Depart at 9am from Natick Community-Senior Center on luxury Fox Motor coach. You'll first tour the Rose Kennedy Greenway & Boston Public Garden and then enjoy a delicious luncheon at the fun Cheesecake Factory. Next will be a delightful cruise up the Charles River as the Captain provides a narration of historic sites in Boston and Cambridge. When you dock back at Cambridgeside Galleria Mall, you'll have time to browse the stores and then board the bus back to Natick Community Senior Center and arrive approximately 5:30pm. Call if you have any questions, 508-647-6540.

Fri July 22 9am to approx. 5:30pm \$74 with lunch included

Register at:  
<https://register.communitypass.net/Natick>

## SUMMERTIME DAY TRIP TO BLOCK ISLAND

Depart at 8am from Natick Community-Senior Center on luxury Fox Motor coach. First stop is Point Judith, Rhode Island to catch the ferry to Block Island. Ferry ride lasts about one hour. Once you arrive on Block Island, you'll be given a 1 ¼ hour tour of the island. Coming back to Block Island main town, you'll enjoy lunch at The National Hotel. Entrée choice will be grilled salmon, pan seared chicken or seafood cakes. After lunch you'll have time to browse the lovely shops in town. Ferry will depart the island at 4pm and you'll arrive back in Natick at approximately 6pm. Call if you have any questions, 508-647-6540.

Fri Aug 5 8:00am-approx. 6:00pm \$109  
Includes ferry, motor coach, island tour, lunch

## DAY TRIP TO PEABODY ESSEX MUSEUM

Bus departs Natick Community-Senior Center at 9:30 am arriving at the Peabody Essex Museum in Salem at approximately 10:30 am. Enjoy this stunning world class museum with displays of American Art, Maritime Art, Asian Art focusing on the vibrant trade from Salem & East India Company and Asia in the 1800s. Lunch is on your own with options of the Atrium Café with casual dining in the grand atrium and reasonably priced choice of soups, salads, sandwiches and desserts. The Garden Restaurant is also available with a more extensive menu and sit-down lunch service. *With Special Exhibit American Impressionist: Child Hassam and the Isles of Shoals.* Charter bus is co-sponsored by Whitney Place and Eliot Center for Health and Rehab and will depart PEM at 2:30 pm to arrive back at Natick by approximately 3:30 pm. REGISTER on Community Pass or come by Natick Community Senior-Center with cash or check payable to the 'Town of Natick'. The \$14 registration fee is non-refundable.

Tuesday Aug 16 9:30am to approx. 3:30pm \$14  
Includes museum admission and bus



## UPCOMING TRIPS FOR FALL 2016 FROM NATICK COMMUNITY-SENIOR CENTER:

Day Trip to Ogunquit Playhouse "Seven Brides for Seven Brothers"  
Musical and Lobster Bake (or BBQ Chicken)

Wed Sept 7 \$139 includes matinee show, motor coach, lunch

Day Trip to the Norman Rockwell Museum and Red Lion Inn for lunch

Fri Sept 30 \$79 includes museum entrance and lunch

All Aboard - Day Trip on the New Hampshire Turkey Train

Fri Oct 14 \$78 includes train and lunch

Day Trip to Yuletide at the Newport Mansions

Tue Nov 29 \$79 includes motor coach tour,  
Mansion tour and lunch

# Park Stewardship



## DO YOU HAVE A FAVORITE PARK IN NATICK?

We're very fortunate to have 30+ parks in town.

They each need friends who, together, keep our shared green spaces clean and well cared for.

To that end, the Recreation & Parks Division is looking for Park Stewards for each of our parks. These recognized volunteer groups support and advocate for improvements, serve as the community "voice" for the park, participate in park cleanup and beautification days, organize recreational and educational programming, and publicize important park issues.

Talk with your friends and neighbors and get a group together!

Give Parks and Recreation a call to find out how you can help. 508.647.6530

For more information check out the following:

<http://www.natickma.gov/1315/Park-Stewardship>



**Community Education and Resources**

Community Services Department

Town of Natick

117 East Central Street

Natick, MA 01760

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# FALL 2016

## Citizens Leadership Academy

*Curious* about how your local government works?

Interested in building connections in the *community*?

*Participate* in Natick's Citizens Leadership Academy!

*Join your friends, neighbors, and distinguished guests  
for a 10 week educational series.*

*Now accepting applications for the fall 2016 session.*

For more information and an online application, please visit [natickma.gov/community](http://natickma.gov/community) or contact,  
Jemma Lambert, Director of Community Services at: 508.647.6546.

**Recreation and Parks • Council On Aging • Human Services  
Natick Community Organic Farm • Veterans' Services**

Community Services Department  
117 East Central Street • Natick, MA 01760